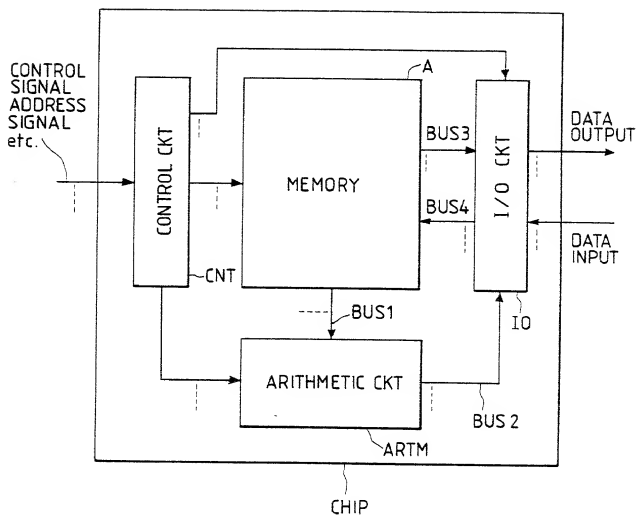


FIG. 1



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FIG. 2(a)

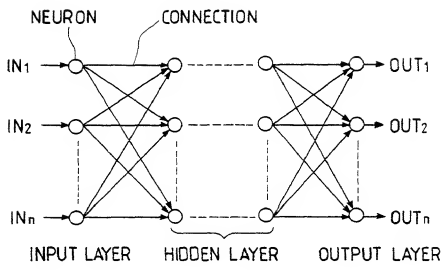


FIG. 2(b)

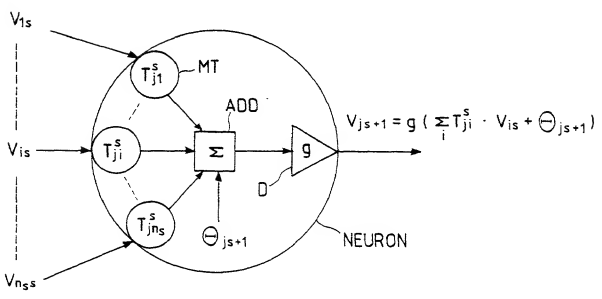


FIG. 2(c)

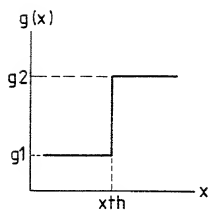


FIG. 2(d)

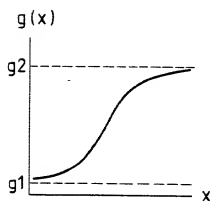


FIG. 3(a)

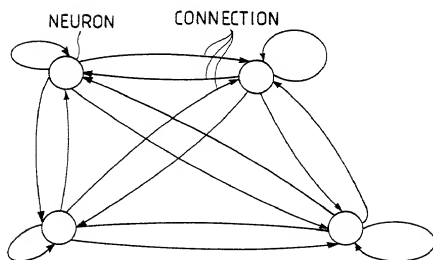


FIG. 3(b)

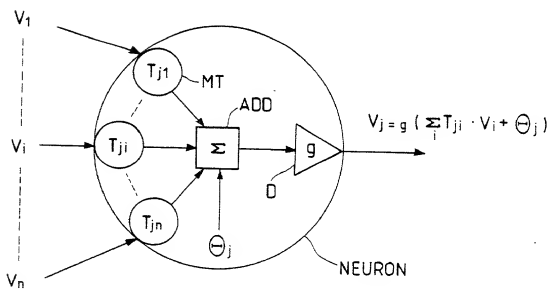


FIG. 4
(PRIOR ART)

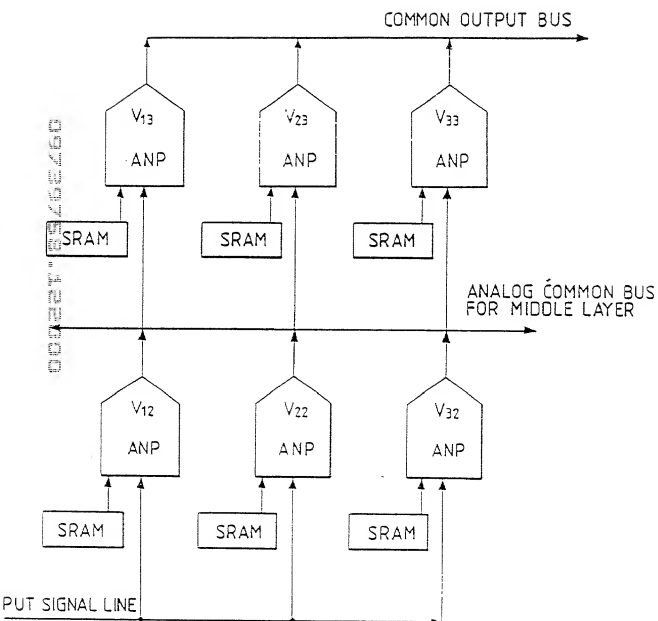


FIG. 5(a)

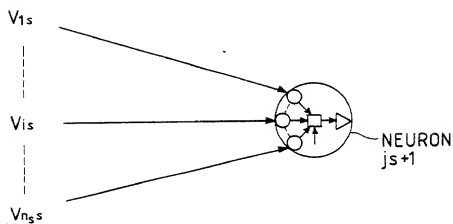


FIG. 5(b)

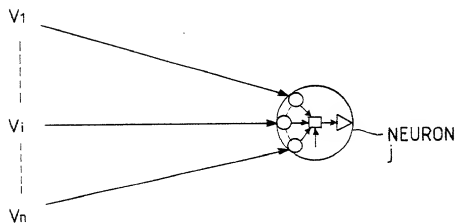


FIG. 6(a)

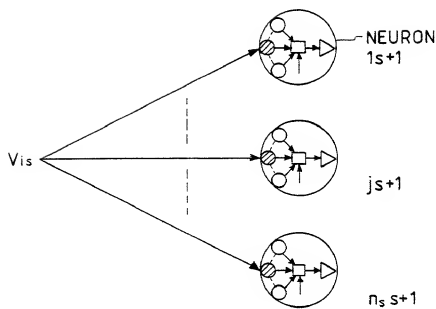


FIG. 6(b)

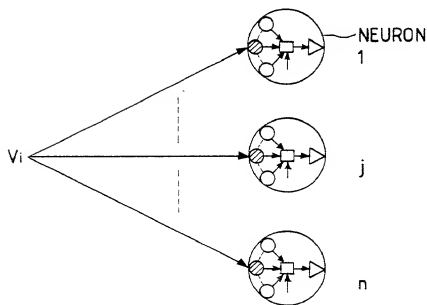


FIG. 7(b)

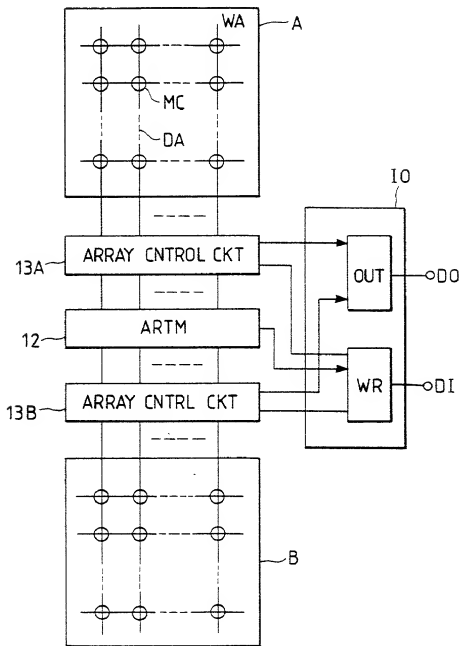


FIG. 8(a)

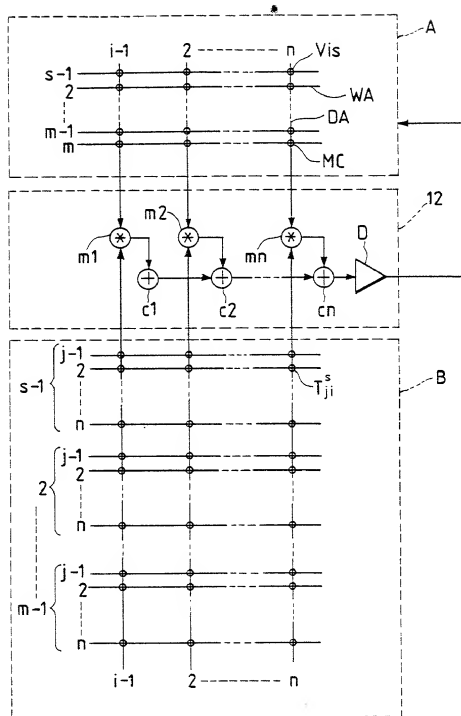


FIG. 8(b)

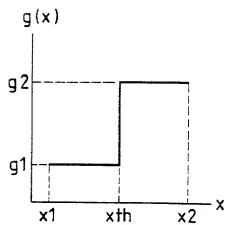


FIG. 8(c)

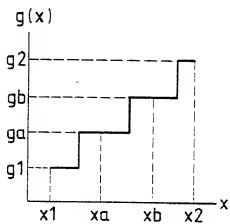


FIG. 8(d)

SELECTED WORD LINE		WRITE ADDRESS
ARRAY A s	ARRAY B (s, j)	ARRAY A (s, i)
1	(1, 1)	(2, 1)
1	(1, 2)	(2, 2)
⋮	⋮	⋮
1	(1, n)	(2, n)
2	(2, 1)	(3, 1)
2	(2, 2)	(3, 2)
⋮	⋮	⋮
2	(2, n)	(3, n)
m - 1	(m-1, 1)	(m, 1)
m - 1	(m-1, 2)	(m, 2)
⋮	⋮	⋮
m - 1	(m-1, m)	(m, n)

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99

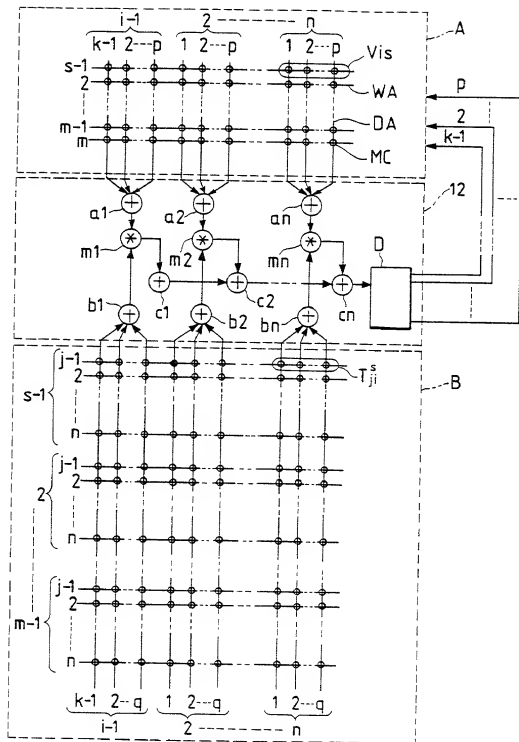


FIG. 9(b)

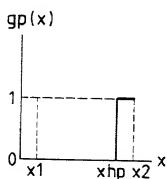
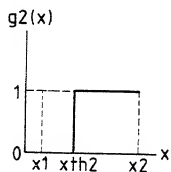
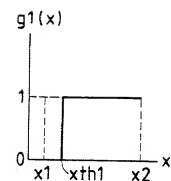


FIG. 9(c)

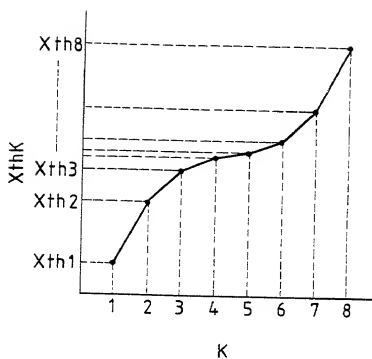


FIG. 10(a)

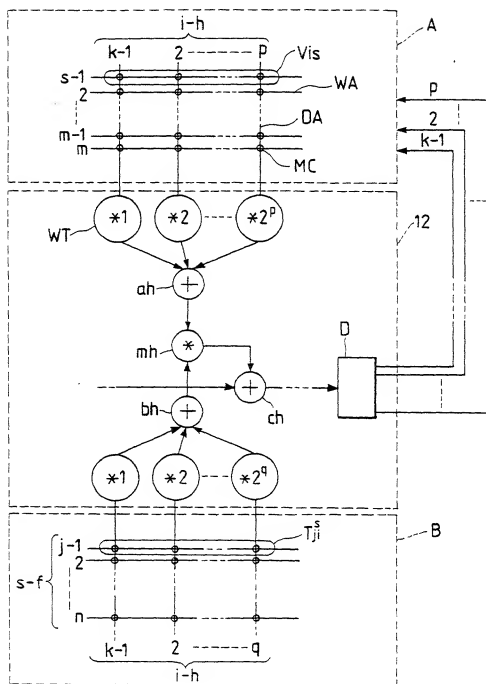


FIG. 10(b)

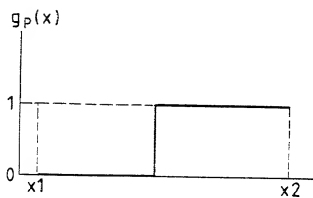
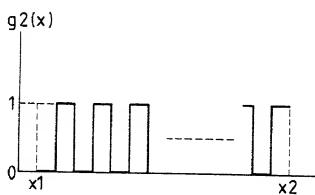
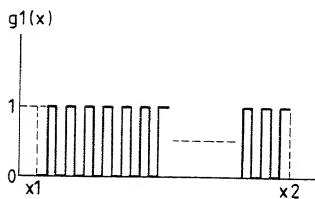


FIG. 11

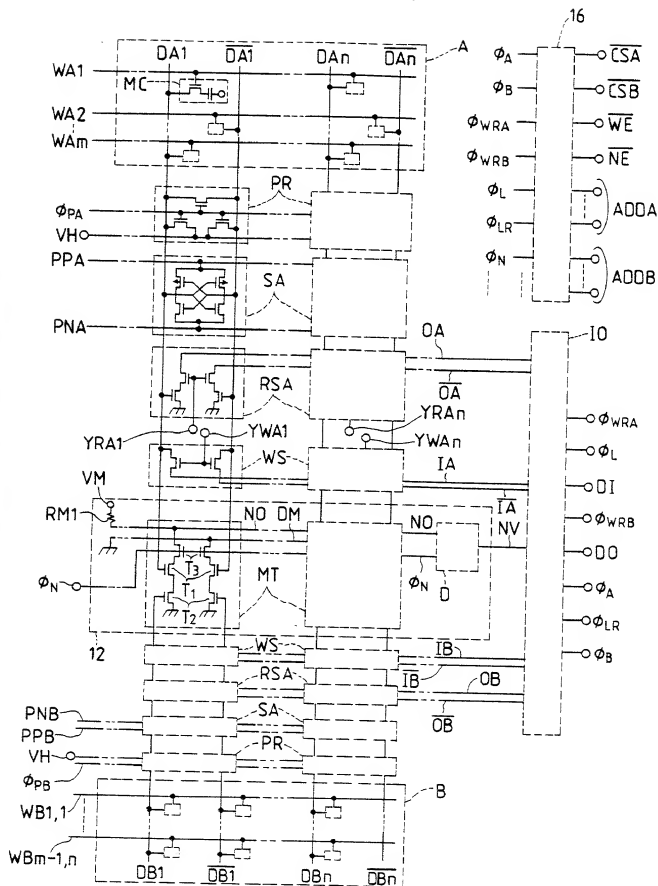


FIG. 12

MODE SIGNAL	MEMORY MODE				ARITHMETIC MODE	
	AR	AW	BR	BW	NR	NW
$\overline{\text{CSA}}$	L	L	H	H	L	L
$\overline{\text{CSB}}$	H	H	L	L	L	H
$\overline{\text{WE}}$	H	L	H	L	H	L
$\overline{\text{NE}}$	H	H	H	H	L	L
ADDRESS	ADDA	ADDA	ADDB	ADDB	ADDA ADDB	ADDA

FIG. 13(a)

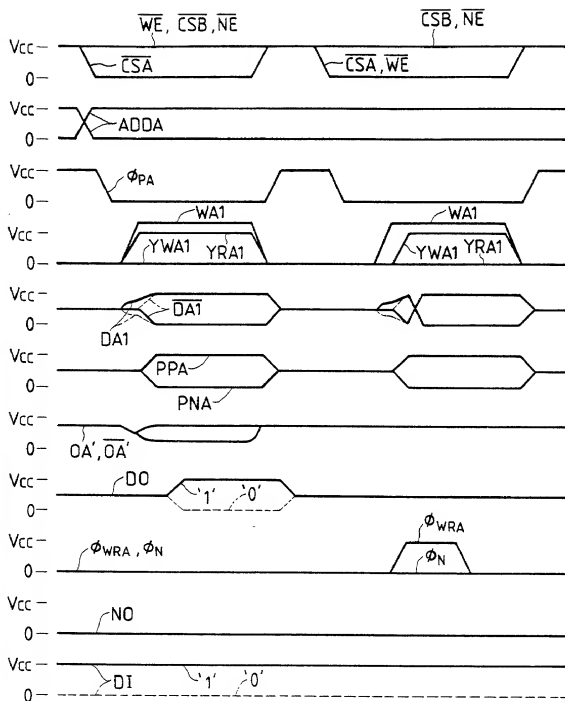
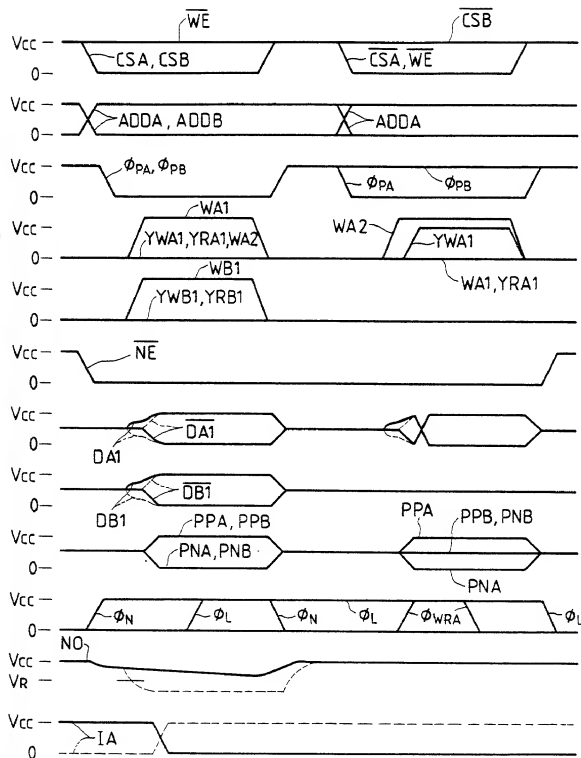


FIG. 13(b)



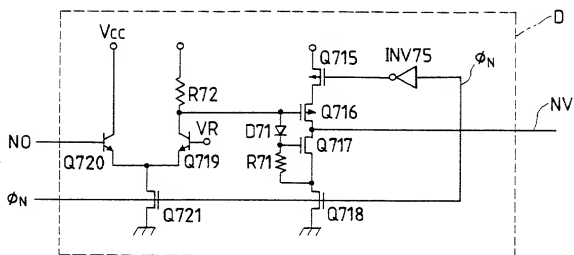


FIG. 14(b)

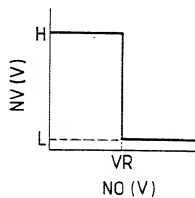


FIG. 14(c)

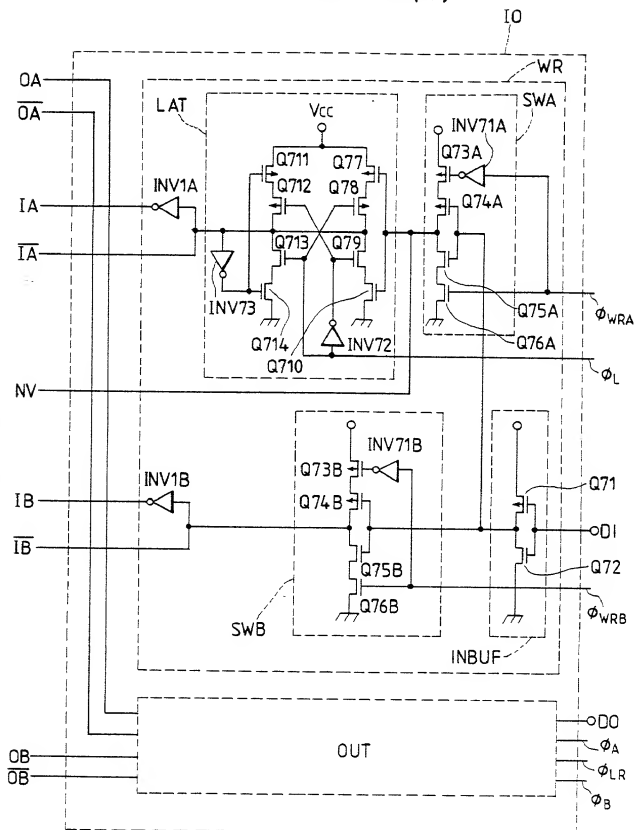


FIG. 14(d)

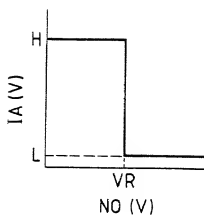


FIG. 14(e)

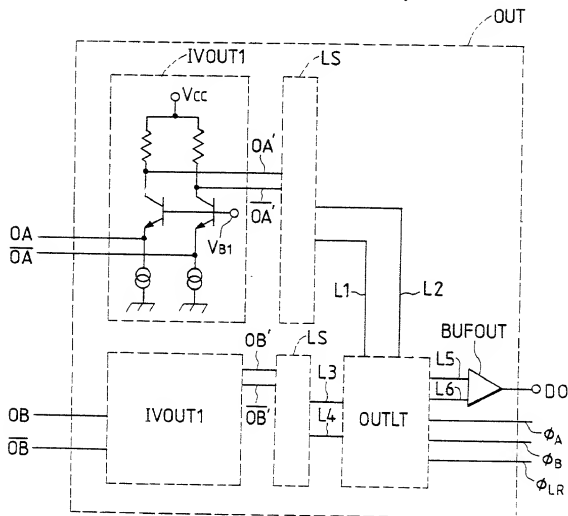


FIG. 14(f)

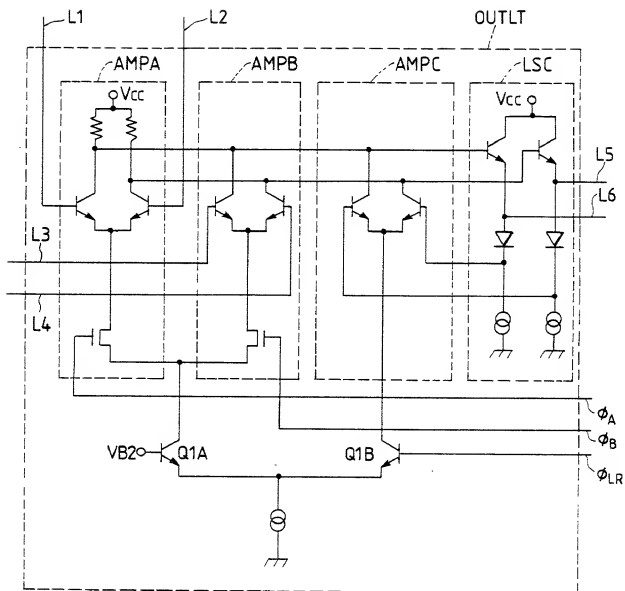


FIG. 15

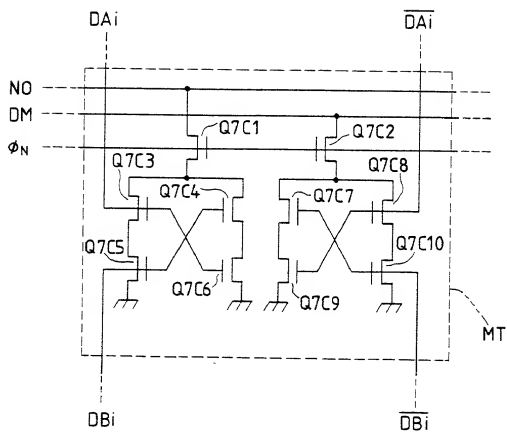


FIG. 16(a)

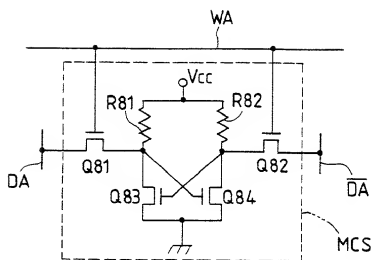


FIG. 16(b)

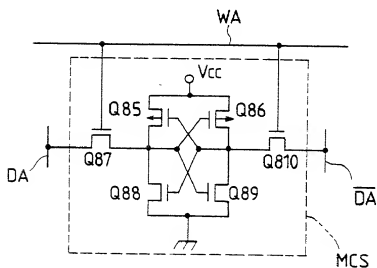


FIG. 17(a)

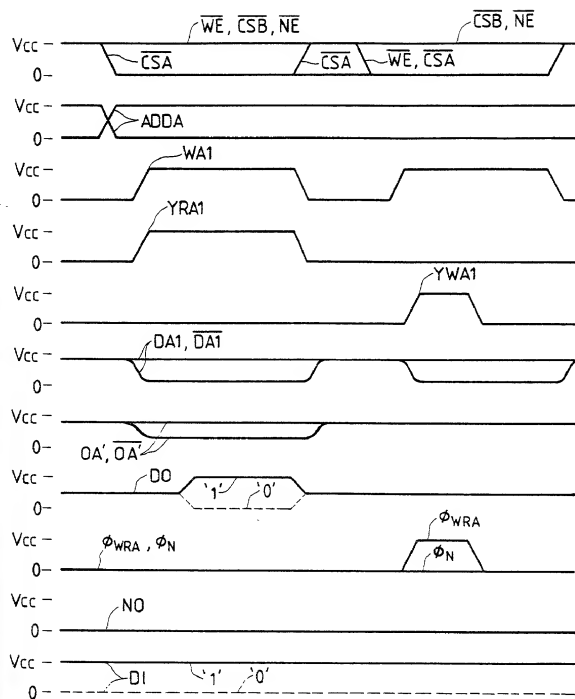


FIG. 17(b)

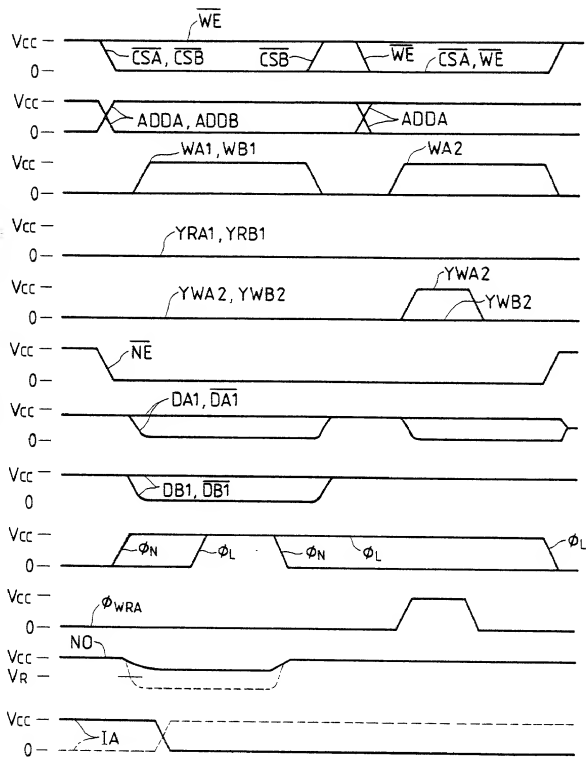


FIG. 18(a)

00730750-120000

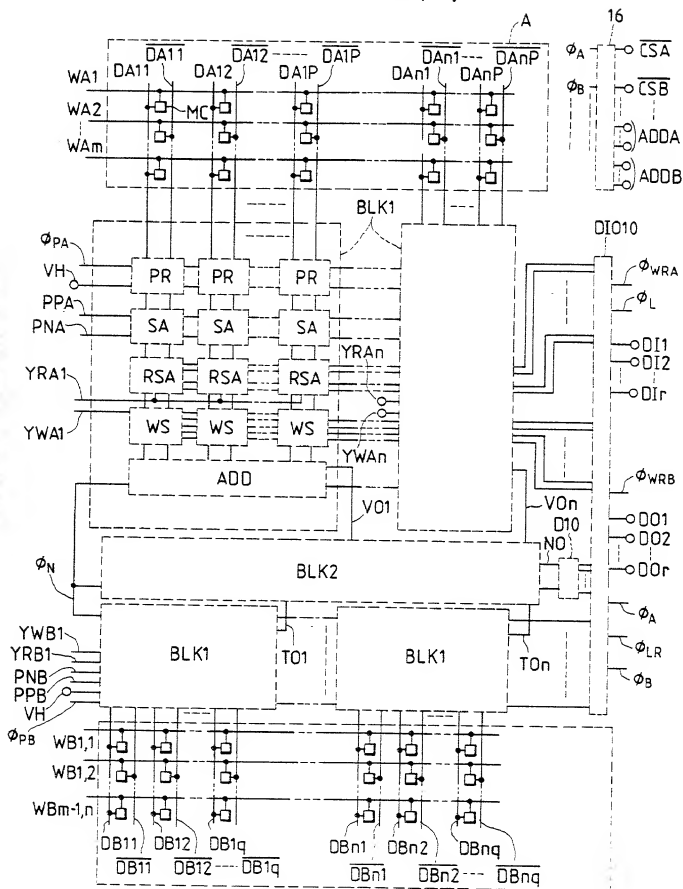
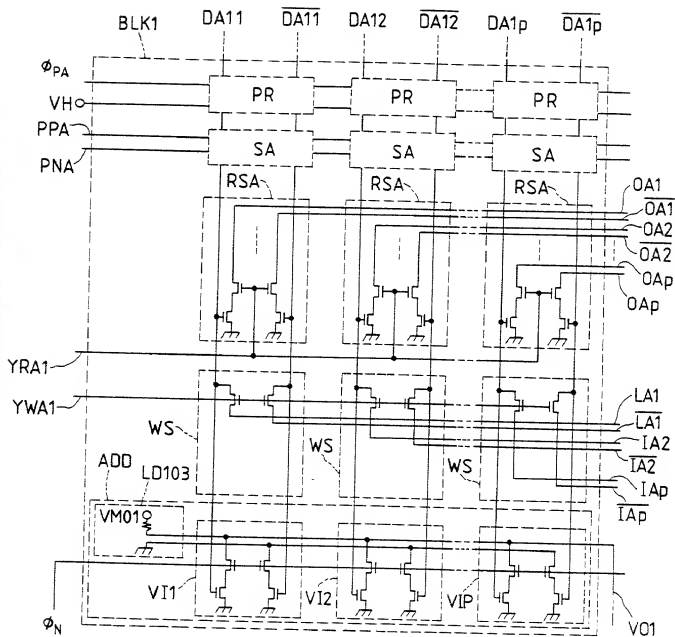


FIG. 18(b)

09730758.1 120000



Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and 100 female students. The program was designed to improve cardiovascular endurance, muscular strength, and flexibility. The results showed that the program had a significant positive effect on all three components of physical fitness. The students who participated in the program showed a significant increase in their cardiovascular endurance, muscular strength, and flexibility compared to the control group. The program was found to be effective in improving the physical fitness of both male and female students.

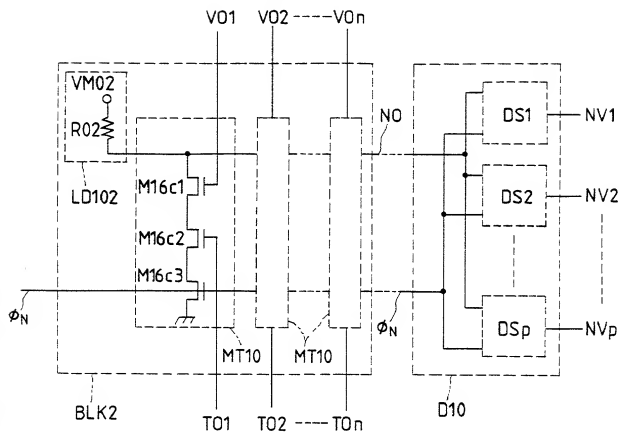


FIG. 18(d)

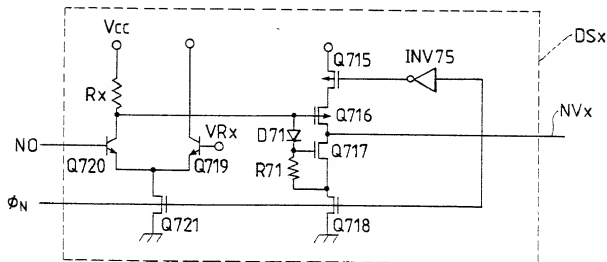


FIG. 18(e)

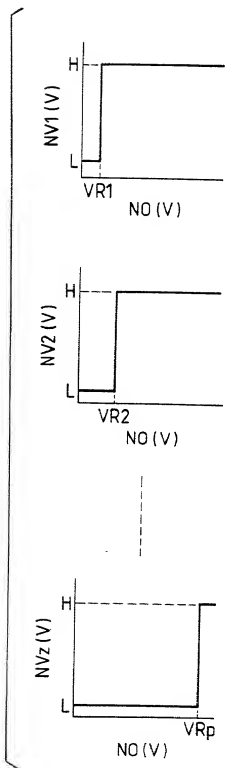


FIG. 19(b)

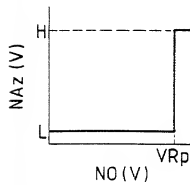
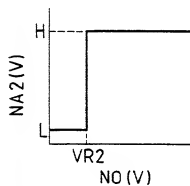
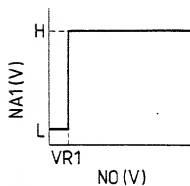


FIG. 19(c)

ENCODER INPUT						ENCODER OUTPUT					
NA1	NA2	NA3	NA4	---	NAz	NV1	NV2	NV3	NV4	---	NVp
L	L	L	L	---	L	L	L	L	L	---	L
H	L	L	L	---	L	H	L	L	L	---	L
H	H	L	L	---	L	L	H	L	L	---	L
H	H	H	L	---	L	H	H	L	L	---	L
H	H	H	H	---	L	L	L	H	L	---	L
⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮
H	H	H	H	---	H	H	H	H	H	---	H

FIG. 19(d)

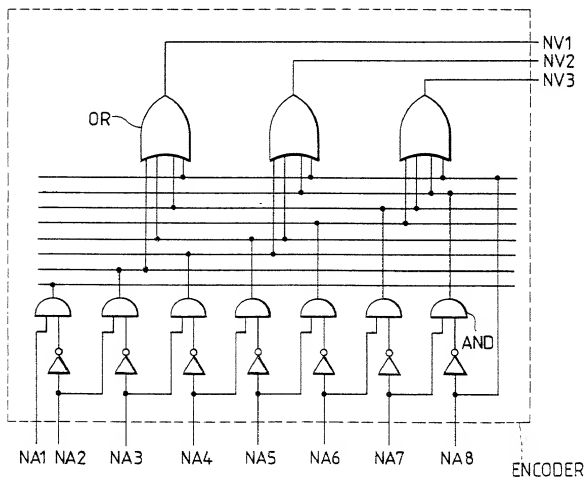


FIG. 20(a)

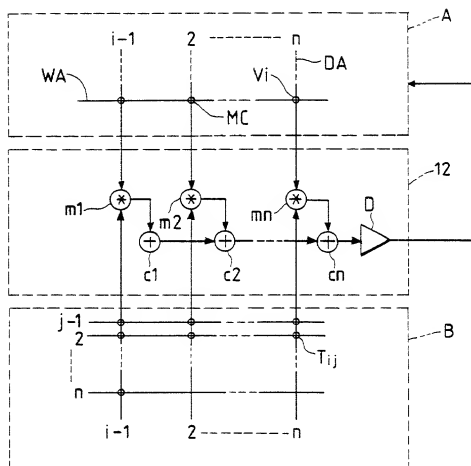


FIG. 20(b)

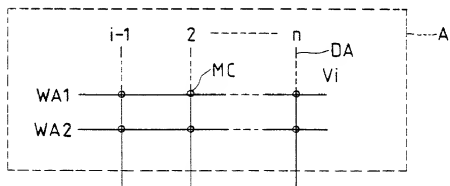


FIG. 21(a)

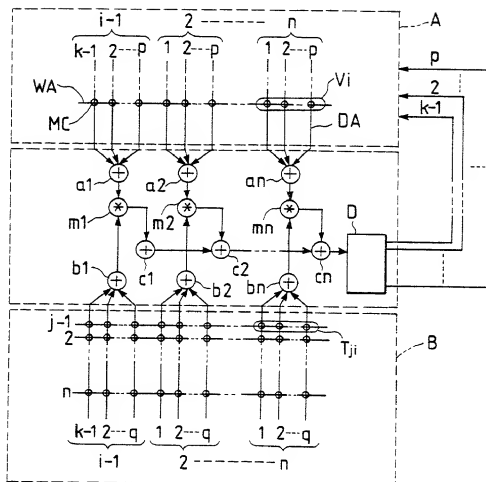


FIG. 21(b)

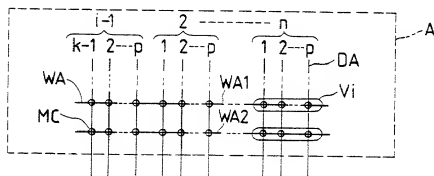


FIG. 23

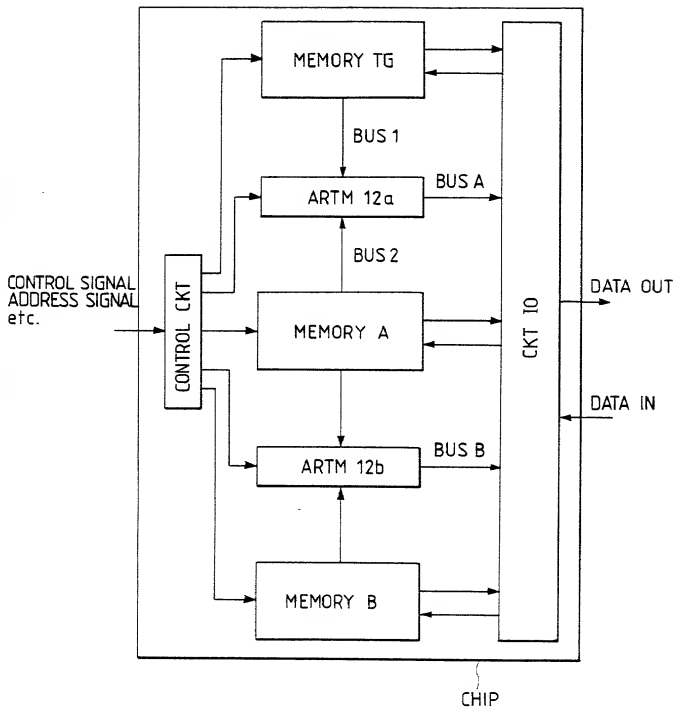


FIG. 24

